

Office for Senior Resources
Mahopac Koehler Senior Center

November 2026 ~ (845) 808-1738

Open: Mondays-Fridays 9:00 am – 2:00 pm

November Activities:

Monday

	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Garden Club
11:00 am	Putnam Senior Corps Song & Dance Team
12:30 pm	Card Making (Craft Room) **(Monday, November 9)**
12:30 pm	BINGO
12:30 pm	Rummikub (Exercise Rm)

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Tuesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Sue
10:00 am	Watercolor Group
11:00 am	Book Club **(Tues, November 17)**
12:30 pm	BINGO
12:45 pm	Chair Yoga w/ Anne

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Wednesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Pauline
10:45 am	Arts & Crafts w/ Anne
12:30 pm	Rummikub (Craft room)
12:30 pm	Mahjong (Exercise Rm)
12:30 pm	BINGO

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Thursday

	Bingo/cards/billiards
10:00 am	Drawing and Watercolor
10:00 am	Zumba Gold
11:00 am	Chair Zumba Gold
12:30 pm	BINGO

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Friday

	Bingo/cards/billiards
10:00 am	Knitting Group
10:00 am	Piano Sing-Along
10:30 am	Cell phone/tablet Computer walk-in
11:00 am	Line Dancing w/ Rich
12:30 pm	BINGO

To know about delays or cancellations in the event of Inclement weather, please call 845-808-1700/press 0 or look out for Senior Blast notifications.

Online exercise classes and call-in activities are available. Please contact 845-808-1700 to register.

Online Exercise Classes
(Using the Microsoft TEAMS App):
Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:
Wednesday, November 18th @ 3:00 pm – BOOK CLUB
Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

NEW – <u>On-line</u> Caregivers Support Group Meeting
(Using the Microsoft TEAMS App):
Thursday, November 19th @ 2:00 pm
To register, please contact Lynne Cabiati
845-808-1700 ext. 47113

November Special Events

Nov 5 - **Brain Fitness w/ Mike** @ 10:00
Nov 6 - **Better Sleep Habits Presentation** @ 10:30
w/ Mary Massoud, OSR Registered Nurse
Nov 10 - **Health Access Focus Group** @ 10:30
presented by Putnam County Dept of Health
Pre-registration required / see Site Manager
Nov 11 - **Veterans Day Holiday** – All Sites Closed
No delivery of Home Delivered Meals
Nov 19 - **Brain Fitness w/ Mike** @ 10:00
Nov 20 - **BP Screening w/ OSR Nurse Mary** @ 10:30
Nov 26-27
Thanksgiving Holiday – All Sites Closed
No delivery of Home Delivered Meals

UPCOMING EVENTS:
OSR Staff Professional Development Training December 2nd All Sites Closed. No delivery of Home Delivered Meals.

Holiday Party
December 7th at the Putnam County Golf Course. Please see Site Manager for details.

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call Vanessa at 845-808-1700 ext. 47104.